



## Main Campus

Breakfast 6:30am-9:30am

Lunch 11am-2:00pm




Sept 27-Oct 3

All  Items are the Heart Healthy Meal Choices for the Day!!





### Monday

 <b>Lemon Garlic Tilapia</b>	200 Cals	\$2.49	Au Gratin Potatoes	200 Cals	\$0.99
 <b>Rosemary Chicken Quarters</b>	450 Cals	\$2.49	Corn Nuggets	180 Cals	\$1.50
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Zucchini and Squash</b>	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 <b>Smothered Green Beans</b>	45 Cals	\$0.99
White Chicken Chili		\$2.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

### Tuesday

Praline Chicken	465 Cals	\$2.99	Steamed Rice	100 Cals	\$0.99
Red Beans and Sausage	365 Cals	\$2.49	Loaded Potatoes	200 Cals	\$0.99
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Cape Cod Vegetable Blend</b>	75 Cals	\$0.99
Minnestrone Soup		\$2.00	 <b>Mustard Greens</b>	45 Cals	\$0.99
Cornbread Muffin	220 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00




### Wednesday

Shrimp and Crab Stew	350 Cals	\$4.99	Steamed Rice	100 Cals	\$0.75
 <b>Stuffed Pork Loin</b>	400 Cals	\$2.99	Macaroni and Cheese	235 Cals	\$1.50
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Cali Blend</b>	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 <b>Smothered Okra</b>	45 Cals	\$0.99
Potato Bacon Soup		\$2.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

### Thursday

Beef Fajita Wrap	380 Cals	\$3.49	Spanish Rice	120 Cals	\$0.75
Anniversary Chicken	450 Cals	\$2.99	Diced Potatoes	225 Cals	\$0.99
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Winter Blend</b>	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Corn & Black Beans	90 Cals	\$0.99
Classic Chicken Noodle Soup		\$2.00	Sweet or Idaho Potatoes	100-150 Cal	\$1.00
			White Queso		\$0.25

### Friday

Pork and Sausage Jambalaya	400 Cals	\$2.99	Roasted Ranch Potatoes	250 Cals	\$0.99
 <b>Jack Miller Chicken Quarters</b>	356 Cals	\$2.49	Fried Okra	180 Cals	\$1.50
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	Baked Beans	165 Cals	\$0.99
Soup Du Jour		\$2.49	 <b>Bermuda Blend</b>	265 Cals	\$0.99
Fresh Baked Dinner Roll	220 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

**Saturday** Spaghetti \$2.49

**Sunday** Fried Chicken Breast or Thigh \$2.49, wing or leg \$1.50


*\*\*Menu subject to change. Calories are based on strict portion sizes & will vary based on your individual serving & added condiments.*



Breakfast 7:00 am-9:00am

Lunch 11am-1:00pm


Sep 27 - Oct 1

All  Items are the Heart Healthy Meal Choices for the Day!!


**Monday**

Smothered Pork Steak	350 Cals	\$3.99	Smothered Cabbage	65 Cals	\$0.99
Black - Eye Peas & Sausage	250 Cals	\$2.49	<b>Carrot Souffle'</b>	45 Cals	\$1.50
Sweet Cornbread		\$0.75	Steamed Rice	100 Cals	\$0.75



**Tuesday**

Hamburger Steak	350 Cals	\$3.49	 <b>Steamed Broccoli</b>	45 Cals	\$0.99
Fried Pork Chop	350 Cals	\$2.99	Loaded Potatoes	100 Cals	\$0.99
Honey Buttered Roll		\$0.75	Corn on the Cob	65 Cals	\$0.99


**Wednesday**

Shrimp Stew	325 Cals	\$3.49	Peas & Carrots	65 Cals	\$0.99
Alice Springs Chicken	325 Cals	\$2.49	 <b>Steamed Malibu Veggies</b>	45 Cals	\$0.99
Honey Buttered Roll		\$0.75	Steamed Rice		\$0.75

**Thursday**

Chicken & Sausage Jambalaya	385 Cals	\$2.99	Greenbean Casserole	80 Cals	\$0.99
 Baked Turkey Wing	325 Cals	\$3.49	 <b>Grilled Asparagus</b>	45 Cals	\$1.50
			Sauteed Zucchini & Squash	45 Cals	\$0.99

**Friday**

Crispy Fried Jumbo Wings	400 Cals	\$3.99	Rice Dressing	100 Cals	\$1.50
Loaded Potato Soup	385 Cals	\$2.99	Baked Beans	85 Cals	\$0.99
Baked Mac N Cheese	100 Cals	\$1.50	 <b>Green Beans</b>	65 Cals	\$0.99

**Saturday** Closed (Main Campus Bistro is open!)

**Sunday** Closed (Main Campus Bistro is open!)

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